**Culinary Arts & Nutrition 1 Recipe Book**

**Safety & Sanitation**

Rice Krispie Treats

**Sanitation & Measuring**

Jumbo Chocolate Chip Cookie (DEMO)

**Measuring**

No Bake Cookies

**Cooking Terms**

 Coffee Cake Muffins

**Knife Skills**

Fruit Salad with Cheese

**MyPlate/”Healthier” Eating**

Berry Pop Tarts

Homemade Cheese-Its

Homemade Granola Bars

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 Whole Grain Pancakes

**Fruits**

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Apple Crisp

**Vegetables**

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Home

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Pan Fried Noodles (Meat/Pasta)

Quick Cheeseburger Pie (Pie Crust/Baking)

OE Pinwheel Cookies (Baking)

Peanut Butter Nutella Cookies (Baking)

Oven Baked Apple Donuts (Baking)

Mini Quiche (Baking/Julie and Julia Movie)

**Kitchen Jobs**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class Period: \_\_\_\_\_\_\_\_\_\_

**Teacher: Mrs. Scharbert**

**For Lab Make-Up Sheet:**

**mrsscharbertswebsite.weebly.com**

For each lab you will be assigned a job. It is your responsibility to complete each part of the job as well as work as a team player to help your group members complete their tasks.

**New Lab:** You will rotate UP one position (ex. Cook 🡪 Chef)

**Same Lab (may be over 2-3 days):** SAME job

Refer to the chart for specific required tasks. These are also in your kitchen for your reference.

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| --- | --- | --- | --- |
| **Chef**(RED apron) | **Cook**(BLACK apron) | **Assistant Cook**(BLUE apron) | **Sanitation Manager(s)**(BLACK apron) |
| * **Main cook for lab**

 (with help from team)* **Measure staple ingredients**
* Mise en place

 (measure staples and prep all ingredients before beginning the cooking process)* Guides others
* Clean appliances
* Kitchen check pre/post lab
 | * Assist Chef with recipe preparation
* **Knife skills/prep**
* Mise en place

(prep all ingredients before beginning the cooking process)* Refill staple ingredients
* **Extra Duty**
* Kitchen check pre/post lab
 | * **Gets ingredients**

**(one trip)*** Dry Dishes
* Sweep the floor
* Assist with cooking duties
* Kitchen check pre/post lab
 | * Washes dishes
* Cleans/Dries sink
* Washes/Sanitizes counter
* Kitchen check pre/post lab
* Assist with cooking duties
 |

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**Safety & Sanitation Lab: Kellogg’s® Rice Krispies®**

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| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

(Red Apron) (Black Apron) (Blue Apron) (Black Apron) (Black Apron)

(Kitchen Check) (Ingredients) (Set up bucket and sink; sanitize surfaces)

**Ingredients**

**½ Recipe (USE THIS for lab)**

= \_\_\_\_\_\_\_\_\_\_T. butter

= \_\_\_\_\_\_\_\_\_\_ (\_\_\_\_\_\_ oz.) package mini marshmallows

= \_\_\_\_\_\_\_\_\_\_ c. Rice Krispies cereal

3 Tablespoons margarine or butter

1 (10 ounce) package regular marshmallows

6 cups Kellogg’s® Rice Krispies® cereal

**Directions**

1. In a large saucepan melt margarine over low heat.
2. Add marshmallows and stir until completely melted. Remove from heat.
3. Add Kellogg’s® Rice Krispies® cereal. Stir until well coated.
4. Using buttered rubber scraper, press mixture evenly onto wax paper spread out on your counter. Cool.
5. Cut into 2-inch squares. Best if served the same day.

**Pre-Lab Work**

1. Work with your group to cut the recipe in HALF. Write your answers in the box to the right of the Ingredients. Use the halved amounts as your recipe for the lab.
2. Once you have your finalized butter amount needed for the lab, indicate that on the stick of butter below. Take some time to read the wrapper before completing this step.



**Sanitation & Measuring: Jumbo Chocolate Chip Cookie (DEMO)**

Grease pan

**Pre-Demonstration Work**

Sanitation Review

Read the recipe. Note where and what sanitation precautions should be taken.

Preheat oven to 375 degrees

Mix together with a wooden spoon and set aside:

2 ½ c. all-purpose flour

**Demonstration Notes**

During the demonstration, take notes on the following:

1. What tool is used to measure FLOUR?
2. HOW do you measure FLOUR?
3. What tool is used to measure baking soda?
4. What else can you use this for? (Focus on AMOUNTS of ingredients)
5. How do you SOFTEN butter?
6. Is this the same as melting?
7. How do you measure SUGAR?
8. HOW do you measure BROWN SUGAR?
9. How do you need to crack the eggs?
10. What do you need to do after working with raw eggs?

1 tsp. baking soda

1 tsp. salt

Mix in a Kitchen Aid mixer:

1 c. (2 sticks) butter, softened

¾ c. granulated sugar

¾ c. brown sugar (packed)

1 tsp. vanilla extract

Next, add flour, baking soda, and salt mixture slowly.

Then add and mix slowly:

2 eggs (add one at a time)

2 c. chocolate chips

Bake on a greased pan for 15 minutes at 375 degrees

**Measuring Lab: No Bake Cookies**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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(Red Apron) (Black Apron) (Blue Apron) (Black Apron) (Black Apron)

(Kitchen Check) (Ingredients) (Set up bucket and sink; sanitize surfaces)

**Pre-Lab Work**

Write what measuring equipment is needed measure each ingredient:

¼ c. butter 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 c. sugar 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¼ c. milk 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1 ½ T. cocoa powder 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

½ t. vanilla extract 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

¼ c. marshmallow OR peanut butter (optional) 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \*\*NO PB in Culinary 1\*\*

1 ½ c. quick cooking oats 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions**

1. In a medium saucepan, melt butter on medium-low heat.
2. Once melted, mix in sugar and milk using a wooden spoon.
3. Bring to a boil. Boil for one minute stirring constantly.
4. Remove from heat.
5. Stir in cocoa, vanilla, and marshmallow/peanut butter if using.
6. Stir in oats until combined.
7. Drop by spoonfuls onto wax paper.

**Cooking Terms Lab: Coffee Cake Muffins**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Directions:** Read the following recipe for tomorrow’s lab. Highlight/underline/circle the **cooking terms** found in the recipe. Fill in the chart below.

-Decide who is in charge (CHEF-Red), getting ingredients (ASST. COOK-Blue), and sanitation managers/dishwashwers (Black). Everyone should still help cook). Note it on this sheet.

Muffin Ingredients:

1 ½ c. flour, **sifted**

½ c. sugar

2 t. baking powder

½ t. salt

½ c. butter

1 egg, beaten

½ c. milk

12 muffin liners

Filling Ingredients: (Keep separate!)

¼ c. brown sugar

1 T. flour

1 t. cinnamon

2 T. butter

**Pre-Lab Work**

What is the FIRST step in the baking process?

\*\*Preheat oven to 350 degrees.

1. Place paper muffin cups in muffin tin, set aside.
2. Using a hand mixer **cream** filling ingredients together in a small bowl, set aside.
3. **Stir** dry ingredients together in a large bowl.
4. Using a pastry blender, **cut** butter **into** the dry ingredients until the mixture resembles coarse crumbs.
5. **Whisk** eggs and milk together in a separate bowl.
6. **Fold** egg mixture into dry ingredients until moistened. (Avoid over-mixing!)
7. Place ½ the batter in prepared muffin cups, filling cups ¼ of the way full.
8. Spoon filling mixture equally over top of batter.
9. Top with remaining batter. Muffin cups should be approximately ½ -2/3 full.
10. Bake for 15-20 minutes or until a toothpick inserted in the center of a muffin comes out clean. Cool on wire rack.

|  |  |  |  |
| --- | --- | --- | --- |
| **Step # OR****Location of Cooking Term** | **Cooking Term** | **Definition of Cooking Term** | **Tool(s) Used to Complete Cooking Term** |
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**Fruit Salad Recipe:**

**No jobs! Each person will choose at least ONE fruit/cheese to cut. Your instructor needs to see you cut! Feedback will be provided so you know what skills need to be improved for future labs. If you have questions, NOW is the time to ask!**

**Everyone needs to work together to set up and clean up!**

**Ingredients**

Who will be cutting each fruit (or cheese)?

Banana: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Apple: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Strawberries: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Grapes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cheese: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* + 1 banana, sliced
	+ 1 apple, diced
	+ 4-5 strawberries, minced
	+ 1 bunch grapes, quartered
	+ 1 chunk cheese, cubed

**Directions**

* 1. Combine all cut fruit into a bowl. Stir.
	2. Add cheese or set aside to eat separately.

**Pre-Lab Review**

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| --- | --- | --- |
| **Knife Cut** | **Definition** | **What Does it LOOK Like? (Drawing)** |
| **Slice** |  |  |
| **Dice** |  |  |
| **Mince** |  |  |
| **Cube** |  |  |
| **Quarter** |  | **N/A** |

* 1. How do you set up a cutting station to cut FRUIT?
	2. What two fingers are used when holding a knife properly?
	3. Where should these fingers be placed on the knife?
	4. What shape does your NON-dominant hand make?
	5. What motion should the knife make?
	6. Should the tip of the knife leave the cutting board?

**MyPlate: Berry Pop Tarts**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Pre-Demonstration Work**

1. What do you need to do to fresh fruit (produce) before cutting, eating, and/or cooking with it?
2. What is another name for confectioner’s sugar?
3. What is the first step in the baking process?
4. Why do we crimp the edges of the pop-tarts?

**Filling Ingredients**

* 1 pint fresh blueberries (1/2 box)—see instructor
* 1 pint fresh raspberries (1/2 box)—see instructor
* ½ cup sugar
* 2 T. cornstarch, divided
* 2 T. water, divided
* 1 package refrigerated store-bought pie crust (two crusts) OR

See below for pie crust recipe

Homemade Crust:

2 c. flour

2/3 c. COLD butter

½ t. salt

½ t. cold water, use as needed

**Filling Instructions—Day 1**

1. Place rinsed blueberries and raspberries in a small saucepan.

Add ½ cup sugar, 2 Tablespoons cornstarch and 2 Tablespoons of water.

1. Set saucepan over medium low heat and simmer, stirring occasionally, until fruit is soft and mixture is thickened—about 20 minutes.
2. Store in a glass bowl provided by your instructor. Refrigerate.

**Pie Crust Recipe (if needed)—Day 1**

1. Mix flour and salt together. Cut in butter until particles are the size of cornmeal.
2. Sprinkle water over the flour mixture and stir lightly with a fork until particles start to cling together.
3. LIGHTLY knead the dough with your hands and then form two equal portions of dough.
4. Place in a glass bowl provided by your instructor. Refrigerate.

**Assembly Instructions—Day 2**

1. Roll each ball of dough out until 1/8” thick—you should have identical circles or squares. Cut each into 6 pieces—see instructor for assistance.
2. Spoon filling onto bottom 6 pieces. Top with remaining 6 pieces of dough.
3. Crimp edges with a fork.
4. Place on parchment covered baking sheet. Wrap in saran wrap and refrigerate.

**Bake—Day 2…3??**

Preheat oven to 425 degrees. Bake for 10-12 minutes or until crust is golden brown.

**Glaze (Day 2)**

Mix 1 c. confectioners’ sugar, ½ t. vanilla extract, and 1 T. of water. Spoon glaze over cooled pop tarts.

**MyPlate: Homemade Cheese-Its**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

**Pre-Demonstration Work**

1. What is the first step in the baking process?
2. Are we doing that day 1 or 2?
3. If you used salted butter, would you still use the 1 t. kosher salt?
4. Why do we keep the water/dough as cold as possible before baking?

**Ingredients**

8 oz. extra sharp cheddar cheese, shredded

 \*\*This needs to be weighed for accuracy –

see instructor\*\*

¼ c. unsalted butter, room temperature

1 t. kosher salt

1 c. flour

2 T. water, **COLD**

**Directions**

1. In a stand mixer, cream the cheese, butter, and salt until combined.
2. Add the flour until a medium crumb mixture forms.
3. Slowly add water until the dough forms a ball.
4. Remove dough from mixer.
5. Place on a lightly floured surface. Roll dough until 1/8 inch thick.
6. Cut the dough into 1 inch squares using a pastry wheel/cutter or pizza cutter.
7. Poke a hole in the center of each square with a toothpick.
8. Place squares on a baking sheet lined with parchment paper.
9. Cover with plastic wrap, label and place in the refrigerator overnight.

The next day…

1. Preheat oven to 375°.
2. Bake for 12 minutes or until golden brown.

**MyPlate: Homemade Granola Bars**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Ingredients**

**Pre-Demonstration Work**

1. What is the first step in the baking process?
2. Are we doing that day 1 or 2?
3. What exactly are you baking?
4. Why are you baking this ingredient?
* 4 cups old fashioned oats  (3 cups?)
* ¾ c. raisins (1/3 cup?)
* 6 T. butter (4 T?)
* ½ cup dark brown sugar  (1/3 cup?)
* 1/3 cup honey   (3 T.?)
* ½ tsp. salt (1/4 tsp?)
* 1 ½ teaspoon vanilla (1 tsp?)
* 1 cup mini chocolate chips divided (½ cup?)

**Instructions**

1. Preheat your oven to 350F and line a cookie sheet with parchment paper.
2. Evenly spread oats over the baking sheet and bake on 350F for 10 minutes. Use a rubber scraper to stir the oats and return to the oven and bake another 5 minutes until lightly golden brown.
3. Pour your oats into a large bowl and set aside.
4. Combine the butter, sugar, honey, and salt in a medium-sized saucepan over medium-low heat. Stir frequently until butter is melted and sugar is dissolved.
5. Remove from heat and stir in vanilla extract.
6. Pour syrup over the oats and stir until all ingredients are well coated. Then add the raisins. Set aside and allow the mixture to cool.
7. Once cool, stir in 2/3 cup of mini chocolate chips. Stir until just combined (the chocolate will begin to melt, this is OK).
8. Prepare a square glass pan by lining with parchment paper, using enough that some of the paper hangs over the sides of the pan.
9. Pour the mixture into your prepared pan and use a rubber scraper or the back of a spoon to evenly, firmly, press the mixture into the pan.
10. Pour remaining 1/3 cup of chocolate chips over the mixture and use your hands to gently press them into the bars.
11. Transfer pan to the refrigerator and allow to chill for 1-2 hours.
12. Remove the granola bars from the pan by lifting the parchment paper. Cut into 12 EQUAL bars. Your instructor will inform you who to serve.

**Grains Lab: Rice (Day 1)**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

\*\*Jobs will remain the same for BOTH days!\*\*

**Ingredients**

**Pre-Lab Work**

1. What does BOILING water look like?
2. What does SIMMERING water look like?
3. Why do you NOT stir rice while it’s cooking?
4. Why do you NOT remove the lid at all during the cooking process?

1 c. uncooked rice

2 c. water

½ t. salt (optional)

**Directions**

1. Boil water in a medium sauce pan.
2. Add rice. Stir lightly.
3. Bring water to a rolling boil.
4. Reduce to a simmer. Cover.
5. Cook for 20 minutes.
6. Remove from heat and let stand COVERED for 5 minutes or until water is absorbed.
7. Fluff with a fork and allow to cool – store until tomorrow.

**Fried Rice (Day 2)**

**Ingredients**

**Pre-Lab Work**

1. To what size/shape should your green pepper be cut?
2. To what size/shape should your garlic be cut?
3. Circle where you sauté in the recipe. What does it mean to sauté?
4. Where should you crack your egg?
5. What do you need to do after you crack your egg?

Cooked rice from previous lab

¼ of a green pepper, diced

1 garlic clove, minced

1/3 c. (1/3 can) bean sprouts

3 T. soy sauce

2 t. chicken base

2 T. olive oil, divided

2 egg, beaten

**Directions**

1. Combine soy sauce and chicken base, set aside.

a. Note: Base will remain chunky.

1. Crack the egg into a small bowl and beat it with a fork.
2. Heat 1 T. olive oil in a large skillet on medium heat. Add, and quickly scramble egg until cooked and in small particles.
3. Add bell pepper, garlic, and bean sprouts. Sautéing for two minutes.
4. Add soy sauce mixture and remaining olive oil to skillet.
5. Stir in cooked rice. Continue to sauté until all ingredients are thoroughly warmed and the soy sauce is coating all the rice.

**Grains Lab:**  **Whole Grain Pancakes**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Ingredients**

**Pre-Lab Work**

|  |  |
| --- | --- |
| **Bowl 1** | **Bowl 2** |
|  |  |

**Pre-Learning**

**\*\*Mixing ingredients this way is called the MUFFIN method of mixing.**

1. Why should you NOT press down on your pancakes while cooking them?

\*\*Bring additional ingredients if you would like them: whipped cream, strawberries, powdered sugar, orange juice, etc.

1 ½ c. whole-wheat flour

2 T. wheat germ

2 T. sugar

1 1/2 t. baking powder

1/2 t. salt

1 ½ c. milk

¼ cup canola oil

1 large egg

1 t. pure vanilla extract

Cooking spray

**Directions**

**\*practice with one pancake first! It is usually a dud ☺**

1. In a large bowl, combine together flour, wheat germ, sugar, baking powder, and salt.
2. In another bowl, whisk together milk, oil, egg, and vanilla.
3. Stir egg mixture ***into*** flour mixture and mix until just combined.
4. Set up two large skillets, over medium heat. Coat each with cooking spray.
5. Pour pancake batter in ¼ c. measurements. 2-4 pancakes will fit in a skillet at one time.
6. When several small bubbles begin to appear on top and pop – flip the pancakes, cook for an additional 1-2 minutes.
7. Serve with preferred toppings.

**Fruit Lab: Banana and Ham Grilled Cheese Sandwiches & Apple/Pear Crisp**

**Banana and Ham Grilled Cheese Sandwiches**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

\*\*2 people will make the grilled cheese; 2 others will make apple crisp.

You are still responsible for your MAIN cooking job listed above.\*\*

**Pre-Lab Work**

Complete all recipe edits/math work.

**Ingredients**

12 pieces white bread = \_\_\_\_\_\_\_\_\_ pieces white bread

12 slices of ham (1/2 pound) = \_\_\_\_\_\_\_\_\_ slices of ham

**Grilled Cheese:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12 slices of Monterey jack cheese = \_\_\_\_\_\_\_\_\_ slices cheese

3 bananas, peeled and sliced ¼ inch thick = \_\_\_\_\_\_\_\_\_ bananas

2 T. butter = \_\_\_\_\_\_\_\_\_ butter

**Directions**

1. Layout half of the bread and top with one piece of cheese.
2. Top each sandwich with 2 pieces of ham. If there is extra add a little ham to each sandwich.
3. Place the banana slices (or mash if you prefer a paste) on top of the ham. Use all of the banana slices equally on each sandwich.
4. Top the banana slices with a piece of cheese and then finish with the second piece of bread, to complete the sandwich.
5. Melt the butter into a large skillet. Cook side one of each sandwich until it is lightly golden brown.
6. Flip the sandwiches to cook side two.
7. Cut each sandwich in half and serve.

**\*\*Divide by 3 for individual kitchens.\*\*\***

**Apple Crisp**

**Pre-Lab Work**

Complete all recipe edits/math work.

**Ingredients**

4 tart cooking apples/pears, peeled, cored, and sliced thinly = \_\_\_\_\_\_\_\_\_ apples

2/3 c. brown sugar = \_\_\_\_\_\_\_\_\_ brown sugar

1/2 c. flour = \_\_\_\_\_\_\_\_\_ flour

**Apple Crisp:**

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1/2 c. oats, quick cooking = \_\_\_\_\_\_\_\_\_ oats

1/3 c. margarine, softened = \_\_\_\_\_\_\_\_\_ margarine

3/4 t. ground cinnamon = \_\_\_\_\_\_\_\_\_ cinnamon

1/4 t. ground nutmeg = \_\_\_\_\_\_\_\_\_ nutmeg

**Day 1 Directions**

1. Heat oven to 375 degrees.
2. Grease bottom and sides of glass baking dish, 8”x8”, with butter wrapper.
3. Arrange apples in baking dish.
4. In a separate bowl, mix remaining ingredients. Then sprinkle over apples.
5. Bake 30 minutes or until topping is golden brown and apples are tender.

**\*\*Divide by 2 for individual kitchens.\*\*\***

**Vegetable Lab: Vegetable Fajitas with Sour Cream Sauce – 2 pages**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Ingredients**

½ head broccoli, diced

1 red bell pepper, seeded and sliced into thin strips

¼ white onion, sliced thinly

**\*Day 1 PREP the first three ingredients, store in fridge.**

1. Fill a large sauce pan ½ inch high with water and bring to a boil.
	1. Note: water level should not exceed the bottom of the steamer basket.
2. Add the broccoli to the steamer basket. Cover with a lid and steam until bright green. Let broccoli cool.
3. Add ALL vegetables to ONE bag for storage. Label.

**Sour Cream Sauce – Day 1 store in fridge**

**Ingredients**

1 T. butter

1 T. flour

½ c. chicken broth (½ t. base + ½ c. water)

2 T. green chilies

¼ c. sour cream

Salt and pepper to taste

**Directions**

**Pre-Learning**

\*\*Melted butter + fat (butter) = **ROUX**

1. Melt the butter in a small saucepan over medium heat.
2. Stir in the flour, and cook for 1 minute.
3. Whisk in the chicken broth **slowly** until the broth has THICKENED.

\*Roux + broth = **veloute**

\*Roux + MILK/DAIRY=**BECHAMEL**

1. Whisk in green chilies and the sour cream; season to taste with

salt and pepper.

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**Fajita Seasoning –measuring by CHEF on day 1**

**Ingredients**

½ T. cornstarch

1 t. chili powder

½ t. salt

½ t. paprika

½ t. white sugar

¼ t. onion powder

¼ t. garlic powder

1/8 t. cayenne pepper

¼ t. ground cumin

**Directions**

1. Measure all ingredients and combine into storage bag. Label and store for use on the second day.

**Yield: approximately 2 ½ T. – when adding to recipe add to taste**

**Pre-Lab Work**

1. What ingredients are prepared on Day 1?
2. Chef, what recipe are you making? Which day?
3. How will you know the broccoli is done steaming?

**Day 2 Ingredients**

½ c. black beans

½ c. corn

2 T. olive oil

8-10 corn tortillas (2 per person)

**Day 2**

1. Heat olive oil in a large skillet.
2. Sauté broccoli, bell pepper, and onion until tender and slightly caramelized.
3. Add black beans, corn, and fajita seasoning. Cook until warm and seasoning coats all vegetables.
4. Fill each corn tortilla with your vegetable mix.
5. Top with sour cream sauce.

**Dairy (Béchamel) Lab: Macaroni n’ Cheese**

**(DEMO & Lab)**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**\*\*Take your own notes according to the demonstration done in class. Use your notes as the recipe for the lab.**

**Ingredients**

**Pre-Demonstration Work**

1. Before beginning cooking, what is the first food preparation step you should do?
2. How long do elbow noodles cook?
3. How will you know they properly cooked (not based on time)?
4. At what heat should you melt butter/cook your roux?
5. Roux = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Once you add milk and HEAT it until thickened, what have you made?

**Directions**

**Angel Food Cake – Egg Whites (DEMO)**

**Ingredients**

**Pre-Demonstration Work**

What are the roles of the eggs in…

1. Angel Food Cake (egg white)?
2. Pound Cake (egg yolk)?
* 1 cup cake flour (spooned and leveled)
* 1/4 teaspoon salt
* 12 large egg whites, room temperature
* 1 teaspoon cream of tartar
* 1 1/4 cups sugar
* 2 teaspoons pure vanilla extract

**Directions**

* 1. Preheat oven to 350 degrees. Place flour and salt in a sieve set over a bowl; sift into bowl, and set aside. With a mixer, beat egg whites on medium-high until foamy, about 1 minute. Add cream of tartar; beat until soft peaks form. Continue to beat, gradually adding sugar; beat until stiff peaks form, about 2 minutes. Add vanilla; beat to combine.
	2. Gently transfer egg-white mixture to a large, wide bowl. In four batches, using the sieve again, sift flour mixture over egg-white mixture. While turning the bowl, use a rubber spatula to fold in the mixture by cutting down the center and coming up the sides.
	3. Gently spoon batter into an ungreased angel food cake pan with a removable bottom; smooth top. Cut a knife or small spatula through batter to release air bubbles. Bake until cake is golden and springs back when lightly pressed, 35 to 40 minutes. Invert pan; let cool in pan, 1 hour. Run a knife around the inside of the pan and around the tube to release cake, and unmold. Use knife to release cake from bottom of pan, and remove.

**Egg Yolk Pound Cake (DEMO)**

**Ingredients**

* 12 egg yolks, room temp
* 3 cups all-purpose flour
* 2 and 1/2 teaspoon baking powder
* 1/2 teaspon salt
* 2 cups granulated sugar
* 1 teaspoon vanilla
* 1 teaspoon lemon extract
* 1 cup cold water

**Instructions**

1. Prepare a 10-inch bundt pan with non-stick spray.
2. Preheat oven to 350 degrees F.
3. Sift flour, baking powder, and salt together.
4. In a mixing bowl, beat egg yolks until very fluffy and thick.
5. Gradually beat in sugar and beat 2 minutes on high speed, stopping to scrap the bowl.
6. Reduce speed to low and add vanilla, lemon, and cold water.
7. Gradually, but quickly add sifted flour mixture while beating on low, scrape bowl.
8. Beat only long enough to blend about 2 minutes.
9. Pour batter into prepared pan.
10. Bake 50 to 60 minutes or until golden brown or when pick inserted in thickest portion of the cake comes out clean or with dry crumbs.
11. Cool cake for 15 minutes on wire rack before removing. Loosen sides with a spatula and remove from pan. Cool completely on wire rack.
12. Store in an airtight container 4 days on countertop or 1 week in refrigerator.

**Egg Lab: Overnight Baked French Toast**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days!\*\*

**Ingredients**

**Pre-Lab Work**

1. What is the role of the eggs in the overnight baked French toast? Define this term.

4 eggs (3?)
½ loaf French bread, sliced into 1” cubes
1 ½ c. milk (1 ¼ c. ?)
¾ T. sugar
¼ t. salt
1 T. vanilla

1 ½ t. cinnamon + ½ t. to sprinkle on top
2 T. butter, cut into small pieces (dice)

½ -- 1 c. frozen blueberries (optional)

**Directions**

1. Grease an 8x8 glass baking dish with your butter wrapper.
2. Mix eggs, milk, sugar, salt, vanilla, and cinnamon in large bowl.
3. Place bread cubes into bowl of egg mixture for several minutes until bread is completely coated.
4. Use a slotted spoon to remove bread from the bowl and place it evenly in the greased baking dish.
5. Evenly spread frozen blueberries over the top of the bread.
6. Place the butter evenly over the top of the bread.
7. Sprinkle with cinnamon over the top.
8. Cover and refrigerate overnight. Label.

 Day 2—Bake at 350 degrees for 45 minutes.

**Egg Lab: Omelet**

**Each person** MUST MAKE their own!!

**Ingredients**

Do NOT mix all of your group’s eggs together!

2 eggs – per person – multiply by how many people are in your group today

1 T. water - per person – multiply by how many people are in your group today

2 T. butter –shared by each group member equally

**Pre-Lab Work**

1. What will happen if you melt your butter over HIGH heat?
2. Why do you NOT cook your omelet/egg over high heat?

½ c. cheese –shared by each group member equally

**Directions**

1. In a small bowl, beat together eggs and water.
2. Melt the butter in a small skillet over low-medium heat.
3. Pour the egg mixture into the skillet.
4. Follow steps from the demonstration/video seen in class.

\*Pull mixture to the center – then tilt the pan to cook the

remaining uncooked liquid.

\* REPEAT this process until cooked through.

1. Add the cheese to the top and fold in half.
2. Serve!

 **Poultry Lab: Chicken Parmesan using Easy Homemade Pasta Sauce – 2 pages**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days!\*\*

**Lab Day 1 Ingredients**

**Pre-Lab Work**

1. What should your onions look like when they are finished being cut (description)?
2. Why should the Asst. Cook get the chicken LAST when getting ingredients?
3. What does the word “dredge” mean?

1 T. olive oil

½ [onion](http://www.food.com/about/onion-148), diced

2 garlic cloves, minced

2 c. [tomato sauce](http://www.food.com/about/tomato-sauce-153)

3 T. [tomato paste](http://www.food.com/about/tomato-paste-393)

½ t. [oregano](http://www.food.com/about/oregano-334)

½ t.  [rosemary](http://www.food.com/about/rosemary-340)

½ t. [salt](http://www.food.com/about/salt-359)

1/8 t. pepper (to taste)

½ teaspoon [sugar](http://www.food.com/about/sugar-139)

2 chicken breasts

¼ c. parmesan cheese

¼ c. bread crumbs with Italian seasoning

¼ c. flour

1 egg

¼ c. milk

**Lab Day 1 Directions**

**Chicken**

1. Place flour onto a small plate.
2. Beat egg and milk together in a small bowl.
3. Combine breadcrumbs and parmesan cheese together in a separate small bowl.
4. Dredge chicken in flour and shake off excess.
5. Dip each chicken breast in the egg/milk mixture, then in the breadcrumb/parmesan mixture.
6. Place coated chicken breast onto the assigned class baking sheet—everyone will store on the same sheet. Make a label to place next to your chicken.

**Sauce**

1. In a skillet, heat 1 T. olive oil over medium heat.
2. Add onion and sauté until soft.
3. Add garlic and cook for another minute.
4. Stir in tomato products, oregano, rosemary, salt, pepper, red pepper flakes, and sugar.
5. Bring to a boil, then reduce heat and simmer for about 10 minutes.
6. Store in bowl provided by your instructor. Cover. Label. Refrigerate.

**Sauce (if prepped on a short day)**

1. Prepare onion and garlic. Store in the refrigerator in a labeled bag.
2. Combine the following ingredients into a small bowl and store labeled in the refrigerator: t[omato sauce](http://www.food.com/about/tomato-sauce-153), [tomato paste](http://www.food.com/about/tomato-paste-393), [oregano](http://www.food.com/about/oregano-334), [rosemary](http://www.food.com/about/rosemary-340), [salt](http://www.food.com/about/salt-359), pepper, and [sugar](http://www.food.com/about/sugar-139).

**Chicken Parmesan using Easy Homemade Pasta Sauce – Day 2**

**Pre-Lab Work**

1. On Day 2, what preparation step needs to be completed before any other cooking?
2. For how long do you cook spaghetti noodles?
3. How will you know they properly cooked (not based on time)?

**Lab Day 2 Ingredients**

1 T. olive oil

1 T. butter

½ lb. spaghetti noodles (thin or angel hair)

 \* chicken and sauce from day 1

**Lab Day 2 Directions**

**Noodles**

1. Fill a stock pot ½ way with water and bring to a boil. Add the noodles and cook until al dente.
2. When the noodles are finished drain the water and set aside.

**Sauce**

1. Reheat in sauce pan.
2. Pour over prepared spaghetti noodles.

**Chicken**

1. Heat 1 T. butter and 1 T. olive oil over medium heat.
2. Brown chicken breast until golden – approximately 2-3 minutes per side. You should reach an internal temperature of at least 165 degrees.
3. Serve on top of noodles and sauce.
4. Divide into portions that will serve your group members equally. Eat!

**Pre-Lab Work**

1. Explain how to temp your chicken? (part of the chicken breast AND temperature)
2. What other two things could you look at to tell your chicken is done?

**Split Pea Soup (DEMO)**

**Ingredients**

**Pre-Demonstration Work**

1. Ham hocks are what type of meat?
2. What does the knife term “chopped” mean?

1 pound bag split peas

2 smoked ham hocks

1 large onion diced

2 carrots peeled and chopped

3 ribs of celery washed and chopped

¼ cup olive oil

2 quarts (8 cups) chicken broth

1 bay leaf

Salt and pepper to taste

Garlic powder to taste

**Directions**

1. Rinse the split peas removing any dust and discolored peas.
2. Heat olive oil in a stock pot.
3. Add onions, carrots, and celery. Cook until tender or until the onions are clear/translucent.
4. Add the rinsed split peas.
5. Place smoked ham hocks into the bottom of the pot.
6. Add both containers of chicken broth and all of the needed seasonings.
7. Cook over low-medium heat for 1 hour stirring occasionally.
8. Remove the ham hocks and bay leaf.
9. Using an immersion blender the soup until you have achieved a creamy consistency.
10. Place the ham hocks back into the soup in order to cook for an additional 30 minutes on VERY low heat stirring occasionally.
11. Remove any meat from the ham hocks and serve.

**Meet Lab: Beef Stroganoff**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days!\*\*

Ingredients: Day 1

**Pre-Lab Work**

1. What do you need to do to your mushrooms before cutting them?
2. How do you do this?
3. How do you drain ground meat?

1 lb. ground beef

1 c. mushrooms, cleaned and sliced (portioned by instructor)

½ medium onion, diced

2 garlic cloves, minced

2 T. butter

2 ½ c. beef broth (½ c. put aside)

 2 ½ t. beef base + 2 ½ c. water

1 t. salt

2 t. Worcestershire sauce

¼ c. flour

Ingredients: Day 2

½ c. sour cream

3 c. egg noodles (1/2 bag)

Directions: Day 1

1. Cook mushrooms, onions, and garlic in butter in a 10-inch skillet over medium heat, stirring occasionally, until onions are tender; remove from skillet and place into a bowl.
2. At the same time, in a separate skillet (large) cook beef over medium heat until brown. Drain the fat into your garbage bowl/strainer provided for you.
3. Stir in 2 cups of the beef broth, salt, and Worcestershire sauce. Heat until boiling; reduce heat. Cover and simmer 10 minutes.
4. Stir remaining ½ cup broth into flour; stir into beef mixture.
5. Add onion/mushroom mixture; stir until combined. Pour into an 8x8 baking dish to cool.

Directions: Day 2

1. Fill a stock pot ½ way with hot water and heat till boiling. Cook the noodles until tender, drain the water.
2. Heat beef mixture in a 10 inch skillet until hot (steaming).
3. Stir in sour cream; heat until steaming (**do not boil**).
4. Serve over noodles.

**Pre-Lab Work**

1. Before beginning food preparation, what cooking step do you need to prepare for?
2. For how long do you boil the egg noodles?

**Meat Lab: Sausage and Spinach Pockets**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days!\*\*

**DAY 1 INGREDIENTS**

**Pre-Lab Work**

1. What do you need to do to your mushrooms before cutting them?
2. How do you do this?
3. How do you drain ground meat?

½ pound bulk pork sausage

½ small onion, diced

1 garlic clove, minced

2 c. fresh spinach, chopped

6 mushrooms, cleaned and diced (portioned by instructor)

1 c. mozzarella cheese, shredded

¼ c. Parmesan cheese, grated

¾ tsp. salt

¼ tsp. pepper

2 pkgs. refrigerated crescent rolls (get these when ready for them—they must remain cold)

1 T. cornmeal

**DAY 1 DIRECTIONS**

1. In a large skillet, cook the sausage, onion, and garlic over medium heat until meat is no longer pink; drain.
2. Remove from the heat; stir in spinach and mushrooms.
3. Add mozzarella cheese, salt, pepper and Parmesan cheese; mix well and set aside.
4. CAREFULLY unroll each tube of crescent roll dough. Press two triangles together forming a rectangle. You should make 8 rectangles total between the two packages.
5. Divide the sausage mixture equally on half of each rectangle to within ½ inch of the edges.
6. Beat egg and water; brush on edges of dough. Bring unfilled half of dough over filling; press edges with a fork to seal.
7. Sprinkle the cornmeal on a parchment papered baking sheet; place pockets on baking sheet.
8. Cover with plastic wrap, label, and place in the refrigerator.

**Pre-Lab Work**

1. Before beginning food preparation, what cooking step do you need to prepare for?
2. After cracking your egg, what do you need to do?

**DAY 2 INGREDIENTS**

1 egg

1 ½ T. water

**DAY 2 DIRECTIONS**

1. Beat egg and water together in a small bowl.
2. Brush the tops of each pocket with the egg mixture.
3. Bake at 350° for 10 - 15 minutes or until golden brown.

**Dough: Mini Apple Pie**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days!\*\*

You will do this lab in PAIRS. Each of you will end up with **your own mini pie!**

Kitchen jobs still need to be completed as best as possible!

**Day #1 Day #2**

**Pre-Lab Work**

1. What type of dough is pie crust?
2. Why should the butter/shortening be COLD?

2 c. flour 3 small apples

2/3 c. butter, cold 2/3 c. sugar

½ t. salt 3 T. flour

½ c. cold water, 1 T. butter, cut into small pieces

 use as needed ¼ t. cinnamon

 1 egg, lightly mixed (per kitchen—share)

**Day 1—Dough**

1. Mix flour and salt together. Cut in butter until particles are the size of cornmeal.
2. Sprinkle water over the flour mixture and stir lightly with a fork until particles start to cling together.
3. LIGHTLY knead the dough with your hands and then form two equal portions of dough.
4. Separate your portion of dough into two parts-one slightly bigger than the other.
5. Roll out the larger portion (bottom crust) into 1/8”thickness and as close to a circle as possible. When pastry is approximately 1 ½” bigger than the pie pan, place carefully into the pan.
6. Flute edges of dough.
7. Label your pie tin with your name and class period on a piece of tape.
8. Wrap remaining dough in plastic wrap and label if creating a top/decorative crust tomorrow.

**Day 2**

1. Wash, peel and THINLY slice or cube apples.
2. Combine sugar, cinnamon, flour, and butter in a bowl.
3. Add apples and toss.
4. Fill pie crust with half of the apple filling. Give remaining portion to partner.

**Making a TOP Crust**

Roll top crust in the same way as you did the bottom, making it to cover the top, or create decorative pieces (lattice, shapes—school appropriate). Using your fingers, dot water on the bottom crust, enough to dampen. Place the top crust on top, firmly pressing edges together to “glue” them. Fold edges under and flute. Make sure to leave some sort of slit/hole in the top so steam can escape.

**Pre-Lab Work**

1. Why do we KNEAD pie crust?
2. What does it mean to “flute”?
3. Why is this done?

**Top with crumb topping. (For 2 people)**

Mix 1 T. butter, ¼ c. flour, 2 T. brown sugar, and

½ T. white sugar.

Sprinkle on top of pie.

1. Lightly brush an egg wash over any visible pie

crust when finished to produce a golden shine.

1. Place a sheet of parchment onto a jelly roll pan

with the mini pies—see instructor.

1. Bake at 400 for 30 minutes until golden brown.

**Pastry Lab - Mini Apple Pie (“New”)**

You will do this lab in pairs. Each of you will end up with **your own mini pie!**

**Day 1 – Dough**

1 1/3 c. flour

½ t. salt

½ t. sugar

¼ c. butter, chilled

¼ c. frozen solid vegetable shortening, cut into 1/2-inch cubes

3 T. ice water

½ t. apple cider vinegar

**Day 1 – Each person rolls out their own crust and flutes!**

1. Mix flour, salt and sugar together. Cut in butter and shortening until particles are the size of cornmeal, resembles wet, chunky sand.
2. Sprinkle water and vinegar over the flour mixture and stir lightly with a fork until particles start to cling together.
3. Sprinkle flour onto the counter and LIGHTLY knead the dough with your hands and then form two equal portions of dough.
4. Store in the refrigerator until ready.
5. Roll out the dough into 1/8”thickness and as close to a circle as possible.
6. When dough is approximately 1 ½” bigger than the pie pan, fold in half or roll onto rolling pin and place carefully into the pan.
7. Fold edges under or trim and flute.
8. Using a fork poke holes in the bottom of the crust to prevent bubbling.
9. Write your name on the bottom of your pie tin with a marker.
10. Place on labeled cookie sheet until tomorrow.

**Day 2 – Filling – (KEEP SEPARATE FROM TOPPING)**

3 small apples, peeled and sliced THIN or cubed

1/3 c. sugar

2 T. flour

¼ t. cinnamon

**Day 2 – Topping – (KEEP SEPARATE FROM FILLING)**

½ c. flour

¼ c. sugar

2 T. brown sugar

¾ t. ground cinnamon

¼ t. salt

6 T. butter, chilled and cut into small pieces

**Day 2**

1. Combine all FILLING ingredients into a bowl.
2. Blend TOPPING ingredients using a pastry blender until mixture resembles wet sand.
3. Fill pie crust with half of the apple filling, mounding your apple mixture. Give remaining portion to partner to do the same.
4. Sprinkle topping onto the apples (share with partner).
5. Cover edges of pie with foil or brush with egg wash.
6. Bake at 400 for 30 minutes until golden brown.

**Dough: Homemade Pasta with Alfredo Sauce**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days!\*\*

**Ingredients**

**Pre-Lab Work**

1. The noodles are an example of what kind of dough?
2. What does it mean to knead?

2 eggs

2 cups flour

1 tbsp. olive oil

2 tbsp. cold water

**Day 1 Directions: Making the Dough**

1. Whisk the water, eggs, and olive oil together in a liquid measuring cup.
2. Measure 2 cups flour and place it on the table.
3. Form a well (hole) in the center of the flour.
4. Have one person keep the sides of the flour stable.
5. Have one person slowly pour the olive oil, water, and egg mixture into the well.
6. Have one person use their fingers slowly combine all of the ingredients.
7. When the ingredients have formed a ball, knead the dough for four minutes (if the dough is dry and crumbly, gradually add water).

**Keep in mind you may not use all of the flour on the table...that is ok!!!!**

1. When you are finished kneading, place a damp cloth over the dough and let it rest overnight.

**Day 2 Directions: Making the Noodles**

1. Section the dough into 4 equal pieces.
2. Keep the pieces you are not using wrapped in the damp cloth so they do not dry out.
3. Set the roller of the pasta machine on the LARGEST opening.
4. Slowly insert the dough through the pasta machine rotating the roller clockwise.
5. Repeat this process decreasing the size of the opening on the roller until you have reached desired thinness.
6. Lightly flour each piece of rolled dough to absorb any moisture.
7. Cut the strips of flattened dough in half.
8. Run each strip through the pasta cutter.
9. Place noodles into boiling water for 3-5 minutes.

**Day 1: Alfredo Sauce**

**Ingredients**

**Pre-Lab Work**

1. When you whisk together melted butter and flour, what have you made?
2. What is it called after you add dairy and thicken it?

¼ cup butter

2 cloves garlic, minced

2 T. flour

2 cups heavy cream (or half and half)

½ cup milk

1 ¼ cup parmesan cheese

**Directions**

1. For sauce, heat butter in medium sauce pan over medium heat.

2. Add garlic and cook for about one minute until fragrant but not brown.

3. Add the flour and whisk until smooth.

4. Gradually add the cream and milk and whisk until the mixture begins to thicken and bubble.

5. Add the parmesan cheese and stir until melted.

**Baking Lab: Biscuits and Gravy**

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| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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\*\*Jobs will remain the same for BOTH days! (IF 2 day lab)\*\*

**Pre-Lab Work**

1. The biscuits are an example of what type of dough?
2. Before beginning any food preparation steps, what do you need to do?
3. What is the role of each of the following in this recipe:
	* Flour:
	* Baking powder:
	* Butter:
	* Milk:

**Ingredients (Biscuits)**

2 c. all-purpose flour

1 T. baking powder

¼ - ½ tsp. salt

1/3 c. butter

¾ c. milk

**Ingredients (Gravy)**

½ lb. sausage

3 T. butter

3 T. flour

¾ c. milk

¾ c. chicken broth

¼ t. thyme

Salt & pepper to taste

**Biscuit Directions**

1. Preheat oven to 450 degrees.
2. In a medium mixing bowl, stir together flour, baking powder, and salt.
3. Using a pastry blender, cut butter into the flour mixture until it resembles coarse crumbs.
4. Make a well in the center of the flour/butter mixture. Add the milk all at once.
5. Using a fork, stir until moistened. Turn dough out onto a lightly floured surface.
6. Quickly knead dough by gently folding and pressing dough until smooth.
7. Lightly roll dough to 1 inch thickness.
8. Cut dough with a biscuit cutter.
9. Place biscuits 1 inch apart on an ungreased cookie sheet. Bake in oven for 10-12 minutes or until golden brown. Let cool…

**Pre-Lab Work**

1. How will you know the sausage has been properly cooked?
2. When you combine the grease, butter, and flour, what have you made?
3. Once you add the broth, and heat, it what does it become?

**Gravy Directions**

1. Cook the sausage in a large skillet over medium-high heat,

breaking the meat up until brown and cooked through.

1. Using a slotted spoon, transfer the meat to a bowl.
2. Melt butter in the same skillet the sausage was cooked in.
3. Sprinkle flour into the skillet, stir constantly. Remove from heat.
4. Slowly add the milk, add the broth, whisking constantly until

the mixture is smooth.

1. Return skillet to the heat and cook until the gravy is slightly

thickened, 2-3 minutes.

1. Add thyme and season with salt and pepper. Stir.
2. Add the crumbled sausage meat and combine well.
3. Cook over medium heat until warmed through.
4. Serve over biscuits.

**Baking Lab: Banana Crumb Muffins**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Ingredients**

**Pre-Lab Work**

1. Before beginning any food preparation steps, what do you need to do?
2. What is the role of each of the following in this recipe:
	* Flour:
	* Baking powder/soda:
	* Sugar:
	* Salt:
	* Egg:
	* Cinnamon:
3. Explain the muffin method of mixing:
4. How will you know your muffins have cooked all the way?
5. How will you know if you have overmixed your batter?

1 ½ c. flour

1 t. baking soda

1 t. baking powder

½ t. salt

3 bananas, mashed

¾ c. sugar

1 egg, lightly beaten

1/3 c. butter, melted

1/3 c. packed brown sugar

2 T. flour

1/8 t. ground cinnamon

1 T. butter

**Directions**

1. Preheat oven to 375 degrees F. Lightly grease 12 muffin cups, or line with muffin papers.
2. In a large bowl, mix together 1 ½ cups flour, baking soda, baking powder and salt.
3. In another bowl, beat together bananas, sugar, egg and melted butter.
4. Stir the banana mixture into the flour mixture just until moistened. Spoon batter into prepared muffin cups.
5. In a small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
6. Bake in preheated oven for 15 to 18 minutes, until a toothpick inserted into center of a muffin comes out clean.

\*\*You need to make 12 muffins!

\*\*Original recipe is for 10 muffins—bake for 18—20 minutes.

**Baking Lab: Chocolate Chip Muffins**

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| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
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**Muffin Ingredients**

**Pre-Lab Work**

1. Before beginning any food preparation steps, what do you need to do?
2. What is the role of each of the following in this recipe:
	* Flour:
	* Baking powder:
	* Sugar:
	* Salt:
	* Egg:
	* Chocolate chips:
3. Explain the muffin method of mixing:
4. How will you know your muffins have cooked all the way?
5. How will you know if you have overmixed your batter?

2 c. all-purpose flour

½ c. white sugar

3 t. baking powder

½ t. salt

¾ c. milk

1/3 c. vegetable oil

1 egg

¾ c. mini semi-sweet chocolate chips

**Topping Ingredients**

3 T. white sugar

2 T. brown sugar

**Directions**

1. Preheat oven to 400 degrees.
2. Place muffin cups in muffin tin, set aside.
3. Combine topping ingredients in a small bowl and set aside.
4. In a medium bowl, combine flour ½ sugar, baking powder, chocolate chips, and salt.
5. In a small bowl, combine milk, oil, and egg. Blend well.
6. Add liquid ingredients to the dry ingredients. Stir until dry ingredients are moistened (batter will be lumpy).
7. Fill muffin liners 2/3 full.
8. Before baking, sprinkle tops of muffins cinnamon and sugar combination.
9. Bake for 15-18 minutes or until a toothpick inserted in the center of a muffin comes out clean.
10. Cool 1 minute before removing from pan.

**Sweetheart Cookies**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

**Ingredients**

**Pre-Lab Work**

1. Before beginning any food preparation steps, what do you need to do?
2. Define the cooking term “cream.”
3. What kitchen equipment is needed to complete this?

3/4 cup [butter](http://allrecipes.com/recipe/sweetheart-cookies-2/detail.aspx?event8=1&prop24=SR_Title&e11=sweetheart%20cookie&e8=Quick%20Search&event10=1&e7=Recipe) (no substitutes), softened

1/2 cup [sugar](http://allrecipes.com/recipe/sweetheart-cookies-2/detail.aspx?event8=1&prop24=SR_Title&e11=sweetheart%20cookie&e8=Quick%20Search&event10=1&e7=Recipe)

1 [egg](http://allrecipes.com/recipe/sweetheart-cookies-2/detail.aspx?event8=1&prop24=SR_Title&e11=sweetheart%20cookie&e8=Quick%20Search&event10=1&e7=Recipe) yolk

1 1/2 cups all-purpose flour

2 tablespoons strawberry jam

confectioners' sugar sprinkled over top

(get Day 2)

**Directions**

1. In a mixing bowl, cream butter and sugar. Add egg yolk; mix well.
2. Stir in the flour by hand.
3. On a lightly floured surface, gently knead dough for 2-3 minutes or until thoroughly combined.
4. Roll into 1-in. balls. Place 2 in. apart on greased baking sheets.
5. Using your thumb, make an indention in the center of each.
6. Fill each with 1/4 teaspoon jam.
7. Bake at 350 degrees F for 13-15 minutes or until edges are lightly browned. Remove to wire racks. Dust warm cookies with confectioners' sugar if desired. Cool.

**Original Original Toll House Cookie Recipe**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

\*\*Jobs will remain the same for BOTH days!\*\*

**Ingredients**

**Pre-Lab Work**

1. Before beginning any food preparation steps, what do you need to do?
2. Define the cooking term “cream.”
3. What kitchen equipment is needed to complete this?

1 ½ c. shortening

1 c. + 2 T. sugar

1 c. + 2 T. brown sugar

3 eggs

1 ½ t. salt

3 c. + 2 T. flour

1 ½ t. hot water

1 ½ t. baking soda

2 c. chocolate chips

**Directions—Day 1**

1. Preheat oven to 350 degrees.
2. In a large bowl, combine salt and flour.
3. In a custard cup combine hot water and baking soda.
4. In mixing bowl, cream together shortening, sugar, and brown sugar.
5. Add eggs to the creamed mixture.
6. Slowly add salt and flour mixture until completely combined.
7. Add baking soda mixture. Mix.
8. Slowly combine chocolate chips until evenly distributed through dough.

If baking Day 1…

1. Spoon dough onto baking sheet keeping cookies approximately 2 inches apart.

\*\*Must make 24-26 cookies. Check with your instructor for exact number.

1. Bake for 12-13 minutes.
2. Cool.
3. Store according to instructor’s directions.

If baking Day 2…

9. Move dough to storage bowl provided by instructor.

10. Cover, label, and refrigerate dough.

11. Bake according to previous instructions on Day 2.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Chocolate Crinkles**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

\*\*Jobs will remain the same for BOTH days!\*\* |  |

**Ingredients**

|  |  |
| --- | --- |
| 1 cup unsweetened cocoa powder2 cups white sugar1/2 cup vegetable oil4 eggs2 teaspoons vanilla extract | 2 cups all-purpose flour2 teaspoons baking powder1/2 teaspoon salt1/2 cup confectioners' sugar (needed day 2) |

**Day 1 Directions**

1. In a medium bowl, mix together cocoa, white sugar, and vegetable oil. Beat in eggs one at a time, and then stir in the vanilla.
2. Combine the flour, baking powder, and salt; stir into the cocoa mixture. Cover dough, and chill for at least 4 hours.

**Day 2 Directions**

|  |
| --- |
| 1. Preheat oven to 350 degrees F (175 degrees C).
2. Line cookie sheets with parchment paper.
3. Roll dough into one inch balls. Coat each ball in confectioners' sugar before placing onto prepared cookie sheets.
 |

1. Bake in preheated oven for 10 to 12 minutes. Let stand on the cookie sheet for a minute before transferring to wire racks to cool

**Pre-Lab Work**

1. Where do you need to crack each egg?
2. On Day 2, what do you need to come in and do immediately?
3. How big should each cookie be?

**Lemon Crinkles**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

\*\*Jobs will remain the same for BOTH days!\*\*

**Ingredients – Day 1**

**Pre-Lab Work**

1. Where do you need to crack each egg?
2. On Day 2, what do you need to come in and do immediately?
3. How do you know when to stop zesting the lemon?

2 cups all-purpose flour

2 t. baking powder

½ t. salt

10 T. unsalted butter, softened

1 C. + 2 T. sugar

1 T. lemon zest (2 lemons)

1 large egg

1 large egg yolk

1 ½ T. fresh lemon juice

¾ t. lemon extract

½ t. vanilla extract

5 drops yellow food coloring

**Directions – Day 1**

1. In a mixing bowl whisk together flour, baking powder and salt.
2. In the bowl of an electric stand mixer fitted with the paddle attachment, whip together butter, sugar and lemon zest until pale and fluffy (occasionally scrape down bowl throughout entire mixing process if not using a paddle attachment that constantly scrapes bowl).
3. Mix in egg then blend in egg yolk.
4. Add lemon juice, lemon extract, vanilla extract and yellow food coloring and mix until combined.
5. With mixer set on low speed, slowly add in dry ingredients and mix just until combined.

**Ingredients – Day 2**

½ C. powdered sugar

**Directions – Day 2**

1. Preheat oven to 350 degrees.
2. Pour powdered sugar into a small bowl.
3. Scoop dough out about 1 ½ T. at a time and shape into a ball, then drop in powdered sugar and roll to evenly coat.
4. Transfer to a parchment paper lined baking sheet, and space cookies 2-inches apart. Repeat until all dough is used.
5. Bake in preheated oven 10 - 13 minutes.
6. Cool on baking sheet several minutes then transfer to a wire rack to cool.

**Snickerdoodle cookies**

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| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

\*\*Jobs will remain the same for BOTH days!\*\*

**Ingredients**

1 c. butter

1 ½ c. sugar

2 eggs

2 ¾ c. flour

2 t. cream of tartar

1 t. baking soda

¼ t. salt

**Pre-Lab Work**

1. Where do you need to crack each egg?
2. What kitchen equipment is needed to complete step 2 on Day 1?
3. On Day 2, what do you need to come in and do immediately?

3 T. sugar

1 T. cinnamon

**Directions – Day 1**

1. Mix butter, 1 ½ cups sugar, and eggs thoroughly in a large bowl.
2. Combine flour, cream of tartar, baking soda and salt in a separate bowl.
3. Stir dry ingredients into butter mixture.
4. Chill dough for 10 minutes in the fridge.
5. Meanwhile, mix 3 T. sugar, and 1 T. cinnamon in a small bowl.
6. Scoop 1 inch globs of dough into the sugar/ cinnamon mixture.
7. Coat by gently rolling balls of dough in the sugar mixture.
8. Place on plate for storage – wrap in plastic wrap. Label with class period and kitchen number.

**DIRECTIONS – DAY 2**

1. Preheat oven to 350°F.
2. Make sure cookies are 2 inches apart.
3. Bake for 10 – 12 minutes. Remove from pan immediately to cool.

**Microwave Caramel Corn**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Chef** | **Cook** | **Asst. Cook** | **San. Manager 1** | **San. Manager 2** |
|  |  |  |  |  |

**Ingredients**

2 bags microwave popcorn

(cook about 2 minutes or until popping slows)

 Note: Adjust cook time according to size of bag

1 c. brown sugar

1 stick butter

**Pre-Lab Work**

1. What happens to fat (butter) and sugar when microwaved?
2. When shaking your popcorn in the bag, how do you need to do this?
3. On Day 2, what do you need to come in and do immediately?

¼ c. light corn syrup

½ tsp. baking soda

1 brown paper grocery bag

Wax paper (1 sheet)

**Directions**

1. Pop popcorn in microwave.
2. Pour popped corn into brown grocery bag.
3. Combine brown sugar, corn syrup, and butter in a medium sized glass bowl. Microwave for 1 min. then stir with wooden spoon; continue microwaving for 1 minute at a time, followed by stirring until mixture comes to a boil. (2-3 minutes)
4. Remove from microwave and add baking soda. Mix well with wooden spoon until foamy.
5. Pour foamy syrup over popcorn in brown paper bag. (Don’t pour all in one spot)
6. Close bag and shake well to coat popcorn, turning bag in all directions.
7. Put bag in microwave and heat on high for 1 minute.
8. Take bag out of microwave and shake well. Not crazy!!
9. Microwave for 1 more minute and shake well again.
10. Microwave for 30 seconds, then take out and shake well again.
11. Microwave another 30 seconds, shake well again.
12. Pour out on wax paper to cool.
13. Enjoy!!!

**Measuring Lab: Cookies and Cream Mousse**

**Ingredients**

* 1 tsp. powdered gelatin
* 2 tbsp. water
* 1¼ c. heavy cream, divided
* 1½ c. white chocolate chips
* 1 tsp. pure vanilla extract
* 16 Oreos, crushed

**Directions**

1. Set aside ¼ cup of crushed Oreos.
2. In a small bowl, sprinkle gelatin over water. Stir and let bloom 3 to 4 minutes.
3. In a small saucepan over medium-low temperature, heat ½ cup heavy cream until it simmers. Add gelatin mixture and whisk until dissolved.
4. Place white chocolate chips in a large glass bowl and pour hot cream mixture over chocolate chips. Let sit until warmed through, about 3 minutes.
5. Whisk (may need to use hand mixer) until chocolate chips are melted and mixture is smooth. Set aside.
6. Meanwhile, in a large bowl, beat remaining ¾ cup heavy cream with vanilla until stiff peaks form.
7. Gently fold whipped cream into white chocolate mixture along with 1 cup crushed Oreos.
8. Using remaining ¼ cup of crushed Oreos, add a tablespoon to the bottom of each of the four glasses. Add mousse. Refrigerate at least an hour or up to overnight. Serve cold.

**Extra MyPlate/“Healthy Recipe”: Cool Ranch Zucchini Chips**

**Ingredients**

2 zucchini, sliced very thinly into coins

1 Tbsp. extra-virgin olive oil

1 Tbsp. ranch seasoning

1 tsp. dried oregano

Salt

Black pepper

**Directions**

1. Preheat oven to 225⁰F.
2. Cover a baking sheet with parchment paper (or grease with cooking spray).
3. Slice zucchini into very thin rounds. Pat with paper towel to draw out excess moisture.
4. In a large bowl, toss zucchini with oil.
5. Then toss in ranch seasoning, oregano, salt, and pepper.
6. Place zucchini rounds onto baking sheet in a single layer.
7. Bake until crispy, about 1 hour and 20 minutes (check after about an hour).
8. Cool to room temperature before serving.

**Extra Dairy (Béchamel) Lab: Cheesy Potato Soup**

**Prep. Work Ingredients**

3-4 potatoes, diced (peeling optional)

3 slices of bacon

¼ onion, minced

**Béchamel Ingredients**

3 T. butter or margarine

3 T. Flour

½ t. salt

½ t. garlic powder

3 c. milk

1 ½ c. cheddar cheese, shredded

**Prep. Work**

1. Fill a stock pot half way with water and bring to a boil.
2. Boil diced potatoes for 10 min. or until they split easily when poked with a fork. Drain.
3. Using kitchen shears cut bacon into ¼ inch pieces and cook in a skillet over medium heat. Spoon cooked bacon onto a paper towel. DO NOT THROW AWAY GREASE!
4. Sauté onion with left-over bacon grease.
5. Scoop out cooked onion with a slotted spoon and drain on a paper towel.

**Béchamel**

1. Melt butter in large sauce pan over medium heat.
2. Blend in flour, salt, and garlic powder. Remove from heat.
3. Add milk slowly, **stirring constantly**.
4. Turn heat up to medium-medium-high. Stir constantly until mixture thickens and bubbles (about 5 min.).
5. Remove from heat. Add cheese and stir to melt.
6. Add cooked, drained potatoes to soup and stir.
7. Add onion and bacon.
8. Ladle soup into bowls and season with salt and pepper to taste.

**Extra Meat Lab: Mexi-Chili Mac**

**Ingredients**

1 lb. ground beef

½ cup chopped green pepper

¼ cup chopped onion

1 clove garlic, minced

1 can (14.5 ounces) Mexican-style diced tomatoes, undrained

1 can (8 oz.) tomato sauce

¾ cup water

¾ cup uncooked elbow macaroni

2 teaspoons spice seasoning mix (see recipe for this below)

½ teaspoon salt

Spicy Seasoning Mix:

3 tablespoons chili powder

2 teaspoons ground cumin

1 ½ teaspoons garlic powder

¾ teaspoons oregano

¼ teaspoon ground red pepper

\*Combine above\*

**Directions**

1. In a Dutch oven, brown ground beef, green pepper, and onion over medium heat 8-10 minutes or until the beef is no longer pink. Carefully drain off grease drippings and return meat to Dutch oven.

2. Stir in remaining ingredients. Bring to a boil; reduce heat to low. Cover tightly and simmer 15 minutes. Remove from heat; cover and let stand 5 minutes before serving.

**Extra Meat/Pasta Lab: Pan Fried Noodles**

Prep Time: 30 minutes Serves: 4

**Ingredients**

 ½ pound egg noodles

 Salt

 1 pound boneless chicken breasts

 1 bunch green onions

 1 small piece fresh ginger (half-thumb sized)

 2 cloves garlic

 5-6 tablespoons vegetable or peanut oil

 ¼ - ½ teaspoon red chile flakes

 3 tablespoons soy sauce

 1-2 tablespoons fresh lemon juice

1. Cook the noodles in 2 quarts of boiling, salted water (read the label on the package to see how long to cook the noodles). Don’t let the noodles get too soft – they still have to be pan-fried. Pour them in a colander and drain well.
2. Cut the chicken into strips about as thick as your little finger. Wash the green onions, and cut off the green ends that look wilted. Remove the root ends and slice the rest of the onions into fine rings. Peel the ginger and garlic cloves, and chop them finely (mince).
3. Get a wok or large skillet really hot, then coat it with 3-4 tablespoons of the oil. Throw in the chicken, keep stirring vigorously, and fry for just 1 to 2 minutes. Push the chicken to one side of the pan, add a small amount of fresh oil to the center of the pan, and stir-fry the onions, ginger, garlic, and chile flakes.
4. Add the last drops of oil to the pan along with the noodles – don’t stop stirring! After about 1 minute, sprinkle with the soy sauce and lemon juice – there will be a nice loud hiss and delicious aromas will rise from the pan. Now: put that fork down and grab those chopsticks!

**Extra Baking/Pie Crust Lab Recipe: Quick Cheese Burger Pie**

## Ingredients

* 1 pound lean ground beef
* 1 small onion, chopped
* 1 clove garlic, minced
* 1/2 teaspoon salt
* 1/4 cup all-purpose flour
* 1/3 cup dill pickle juice
* 1/3 cup milk
* 1/2 cup chopped dill pickles
* 2 cups shredded Swiss cheese, divided
* 1 (9 inch) pie crust, baked (Separate Recipe)

## Directions

1. Preheat oven to 425 degrees F (220 degrees C).
2. **To Make Filling:** Crumble ground beef into a large skillet and sauté over medium heat for 1 minute. Add onion and garlic. Continue to sauté until onion is browned, about 10 minutes. Drain grease from mixture.
3. Sprinkle beef mixture with 1/2 teaspoon salt and 1/4 cup flour. Stir in pickle liquid, milk, pickles, and 1 cup shredded cheese. Spoon mixture into pastry shell.
4. Bake in preheated oven for 15 minutes. Sprinkle top with remaining 1 cup cheese and bake an additional 5 minutes, until pastry is golden brown and cheese is bubbly.

## Pastry for Single Crust Pie

## Ingredients

* 1 1/4 cups all-purpose flour
* 1/2 teaspoon salt
* 1/3 cup butter
* 4 tablespoons cold water

## Directions

1. In a bowl, combine flour and salt; cut in shortening until crumbly with a pastry blender.
2. Gradually add water, tossing with a fork.
3. When all particles are moist kneed with hands until dough forms a ball.
4. Wrap in plastic wrap and store in refrigerator until needed.

**Extra Cookie Lab Recipe: Oswego East Pinwheels**

**Ingredients**

4 cups all-purpose [flour](http://allrecipes.com/recipe/christmas-pinwheel-cookies/detail.aspx?event8=1&prop24=SR_Title&e11=christmas%20pinwheel&e8=Quick%20Search&event10=1&e7=Recipe)

1 teaspoon baking powder

1/4 teaspoon [baking soda](http://allrecipes.com/recipe/christmas-pinwheel-cookies/detail.aspx?event8=1&prop24=SR_Title&e11=christmas%20pinwheel&e8=Quick%20Search&event10=1&e7=Recipe)

1 teaspoon salt

1 1/3 cups butter

1 cup packed [brown sugar](http://allrecipes.com/recipe/christmas-pinwheel-cookies/detail.aspx?event8=1&prop24=SR_Title&e11=christmas%20pinwheel&e8=Quick%20Search&event10=1&e7=Recipe)

2/3 cup white sugar

2 eggs, beaten

1 ½ teaspoons vanilla extract

1 drop blue food coloring, or as needed

**Day 1 Directions**

1. Sift the flour, baking powder, baking soda, and salt together into a bowl. Resift again into another bowl.
2. Beat the butter with the brown and white sugars in a mixing bowl until light and fluffy. Beat in the eggs and vanilla until smooth. Gradually stir in the flour mixture until evenly blended.
3. Gather the dough into a ball, and divide into two equal parts. Place one half in a second bowl. Add BLUE food coloring to the dough in one bowl, and leave the other white. Use a fork to blend the food coloring into the dough until evenly blended. Wear gloves if using hands.
4. Roll out the blue dough to 1/4 inch thickness. Roll out the white dough to 1/4 inch thickness, and place on top of the blue dough.
5. Beginning on one edge, roll the dough together to make a log so the two colors spiral inside each other. Wrap the log in waxed paper, then with plastic wrap, and refrigerate until needed.

**Day 2 Directions**

1. Preheat oven to 400 degrees F (200 degrees C).
2. Lightly grease 2 baking sheets.
3. Unwrap the dough log, and place on a clean, lightly floured surface. Slice the log into rounds 1/8 inch thick, and place on prepared baking sheets.
4. Bake in preheated oven until set, approximately 5 minutes. **Watch carefully to prevent edges from browning.** Remove from oven, and cool on racks.

**Extra Cookie Lab Recipe: Peanut Butter and Nutella Cookies**

**Ingredients**

1 cup butter (softened)

2/3 cup peanut butter

1 cup sugar

1 cup brown sugar

2 eggs

2 t. vanilla

2 2/3 cup flour

2 t. baking soda

1 t. salt

1/3 cup Nutella (heaping)

**Directions**

Day 1

1. Cream together butter, peanut butter, sugar, brown sugar, eggs, and vanilla in a large bowl until smooth.
2. Combine flour, baking soda, and salt into a large bowl. Add this to the creamed mixture.
3. Add the nutella in dollops over the top of the dough.
4. Use a butter knife to swirl the nutella into the dough. DO NOT OVER MIX!
5. Chill in the fridge for 15 minutes so the nutella can set.

Day 2

1. Pre heat oven to 350 degrees.
2. Spoon the dough onto the cookie sheet. Bake approximately 8-10 minutes. Let cool before transferring.

**Extra Baking Recipe: Oven-Baked Apple Donuts**

Makes about 24 mini donuts **Ingredients**

¼ c. brown sugar
¼ c. white sugar
1 ½ c. apples, peeled, corded, and diced
1 ½ c. flour
1 ¾ tsp. baking powder
½ tsp. kosher salt
1 tsp. nutmeg
1/3 c. cold butter, cut into small pieces
1 egg
¼ c. milk

To Coat:
1/4 c. of butter, melted
1/3 c. of sugar
1 tsp. cinnamon

**Directions**

1. Preheat your oven to 350F.

2. Whisk the flour, baking powder, sugars salt and nutmeg in a bowl.

3. Add the cold chopped butter. Rub the pieces of butter with the flour mixture until the mixture resembles coarse crumbs.

4. In a separate bowl, beat the egg. Mix in the milk and fold in the chopped apples.

5. Add the egg mixture to the flour mixture. Stir using a spatula making sure not to over mix.

6. Place a spoonful of batter into each mold of a greased mini muffin pan.

7. Bake for 15-18 minutes or until the donuts are just golden. Remove from the oven, unmold and lightly brush each donut with the melted butter.

8. Dunk in a bowl with the sugar and cinnamon. Shake off excess sugar and serve immediately. Enjoy!

**Extra “Fun” Lab** **Donut Holes**

**Ingredients**

1-1/2 cups all-purpose flour

1/3 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon ground nutmeg

1 egg

1/2 cup milk

2 tablespoons butter, melted

Oil for deep-fat frying – see instructor

¼ c. powdered sugar

These ingredients are for rolling the donuts in. Only take what you will use.

1 T. sugar

1 T. cinnamon

**Directions**

1. In a large bowl, combine the flour, sugar, baking powder, salt and nutmeg.
2. Melt the butter in the microwave.
3. In a small bowl, combine the egg, milk and butter.
4. Add egg mixture to dry ingredients and mix well.
5. Heat oil in a large skillet over medium heat. Test a small piece of dough. When it sizzles you are ready.
6. Drop dough by spoonfuls, five or six at a time, into oil. Fry until browned, about 1-2 minutes, turning once.
7. Drain on paper towels.
8. Roll warm doughnut holes in confectioners' sugar or a cinnamon and sugar combo.

\*\*Yield: about 3 dozen.

**Mini Quiche Lorraine (Julie & Julia)**

Prep Time: 15 minutes

Cook Time: 30 minutes

**Ingredients (per kitchen)**

1/2 store bought refrigerated pie crust

2 strips bacon, cooked and chopped

1 T. fresh parsley, chopped

½ c. Gruyere or Swiss cheese, shredded and divided

2 eggs

½ c. Half and Half or heavy cream

¼ t. nutmeg

Salt & Pepper, to taste

**Directions:**

1. Preheat oven to 350°F.
2. Spray a mini muffin tin with non-stick cooking spray.
3. On a floured surface, carefully spread out the pie dough.
4. Cut out circles using the rim of a glass or a round cookie cutter.
5. Insert each circle in the crevices of a muffin tin. Make the muffin shape with your fingers.
6. Prick the insides of each piece of dough with a fork (this will prevent them from puffing up).
7. Bake for 10-12 minutes or until they start to brown.
8. Remove from oven when finished.

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1. In a bowl, mix the eggs, half and half or heavy cream, salt, pepper, parsley, and nutmeg until combined.
2. Equally divide cheese and bacon among your mini quiches, reserving a small amount of cheese.
3. Pour egg mixture over the top.
4. Equally add remaining cheese to the tops of the quiches.
5. Bake for 15-20 minutes until tops are browned and crust is cooked all the way through.
6. Remove from oven. Cool. Store.